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U. S. Department of Agriculture

(NOT FOR PUBLICATION)

Mon., Jan. 16

Housekeepers' Chat

Subject: "For Those who Would Be Slender." Quotations from Chapter VI, "The Foundations of Nutrition," by Mary Swartz Rose. Approved by Bureau of Home Economics, U. S. Department of Agriculture.

Bulletins available: See conclusion of program.

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Today's program, including the menu, is planned for those overweight women who want to reduce, and yet maintain good health.

It is a well known fact that overweight may be a serious menace to health. We have all seen elderly women, forced by overweight to keep off their feet, or to suffer because their bodies are too heavy for their feet to carry.

"We realize the handicap of obesity," says Dr. Mary Swartz Rose, a noted authority on nutrition, "when it thus impedes locomotion, and engenders flat foot, but we should also realize that the internal organs are working under a handicap like that of the feet." When the muscles get clogged with fat, they become soft and flabby; the heart in particular suffers in this way. The circulation of the blood is impeded. This in turn makes the work of the weakening heart more difficult, and the strain on the blood vessels greater...

Certain diseases have long been known to be associated with overweight. Life insurance companies are reluctant to place standard insurance on people with marked overweight, and where the overweight is excessive, may refuse insurance altogether. This attitude of the insurance companies shows that they consider overweight a very serious disability.

The best way to regain a youthful figure is to take sufficient exercise, and follow a safe reducing diet. As I have said before, a reducing diet is low in calories, or fuel value. The water and bulky fruits and vegetables, which are low in calories, or fuel value, should predominate, in the diet of a person who has a tendency to store up fat. Foods to be used sparingly, are the more concentrated foods, especially those rich in starch, in fat content, and in protein. It is fairly easy to limit the amount of fat, since most of the fat is added to the diet. This means cutting down or limiting butter, cream, and dishes prepared from cream; salad oils of all kinds, fat meat, and fried foods. If you want a salad dressing, make a simple French dressing, with lots of vinegar or lemon juice, and very little oil. A good salad dressing can be made by using mineral oil, as a substitute for the ordinary salad oil. Mineral oil is not digested, but simply acts as a filler, and helps to carry flavor.

H.C. 1/16/28

Many people forget that the fats of the diet, especially when served in the form of butter, cream, rich sauces, gravies, and dressing, have the highest caloric value of any of the types of food. For instance, the mayonnaise dressing often served with a lettuce salad, has many times more calories than the lettuce. A small pat of butter, served with a medium-sized baked potato, contains as much fuel value as the potato itself -- perhaps even more. Now you can see why most all fats must be eliminated from a reducing diet. That is, all except butter. Some butter should be included in the diet, because butter carries a very important vitamin.

During the past few years, many women have ruined their health, in unwise efforts, to acquire a boyish figure. Even a reducing diet must include vitamins, and minerals, and efficient protein. Fruits and vegetables in general are rich in vitamins, and minerals. Milk and eggs are good sources of efficient protein, of some minerals, and vitamins. Lean meat, and fish, can also be depended upon to supply efficient protein. The foods one must use with great restraint, are fats, starches, and sugar.

Some time ago I was talking with a friend of mine, who is on a reducing diet. She told me that she didn't mind the reducing diet, but that she did hate to feel hungry most of the time. In this connection, I want to quote what Doctor Rose says about "The Control of Hunger:"

"Hunger is a great inconvenience, when one wishes to reduce one's food intake. It is well to remember that hunger is the sign of a vigorous stomach emptying itself quickly, and not the signal of danger of immediate starvation"

"Hunger pangs would seem less alarming if reckoned at their true value; nevertheless they are extremely uncomfortable, and hence it is well

to seek some way to allay them. Sometimes drinking water will assuage them temporarily. Eating food with much vegetable fiber is a help, as it gives a sense of fullness, which is a part of the normal satisfaction of hunger. There need be no limit to the amount of lettuce, cabbage, string beans, celery, chard, brussels sprouts, asparagus, and other greens, and there should be a real effort to increase the amount of such food to many times what is ordinarily eaten. Instead of two or three lettuce leaves, take at least half a solid head; instead of a bit of cabbage as a side dish, take two or three cupfuls of raw shredded cabbage. Raw fruit such as apples, oranges, grapefruit, and other fruits in season should so far as possible take the place of other desserts.

"Some fat is a help in controlling hunger, and can be used if sufficient attention is paid to the total calories, which, of course, are rapidly increased by this concentrated form of fuel. The fat should be put where it will count most, on the table where one can see it, and not in the food while cooking. Mineral oil, which has no food value, may be used in making salad dressings... Sometimes a piece of sweet chocolate or a cup of sweetened tea, in the middle of the forenoon, or of the afternoon, enables one to tide over without faintness till the next meal, but the calories so taken must be counted as part of the day's total."

That concludes the quotation, on "The Control of Hunger," by Doctor Rose.

R-H.C. 1/16/28

Before we broadcast a dinner menu, perhaps we had better summarize the information in today's program. Those who would get rid of excess weight, and maintain their general health should include in their diet plenty of watery and bulky fruits and vegetables. They should eat sparingly of foods which are rich in starch, fat, and sugar. That means they must cut down or limit butter, cream, and dishes prepared from cream; salad oils of all kinds, fat meat, and fried foods. They must keep up their general health by eating efficient-protein foods, like milk and eggs, lean meat, and fish. Milk and eggs also supply minerals, and are good sources of vitamins. Fruits and vegetables are rich in vitamins, and they help to satisfy the appetite.

In addition to following a safe reducing diet, those who would be slender must take plenty of exercise. The exercise, according to Doctor Rose, should be moderate, and over a considerable period of time; for instance, the "daily dozen" should be raised to a "daily score".

Now let's talk about the dinner menu. Although it is planned for the woman who wants to reduce, it will be quite all right for the rest of the family, who do not need to reduce. The menu included Broiled Hamburg Steak; Scalloped Cabbage and Apples; Raw Celery; and Pear Salad with Grated Cheese and French Dressing.

Hamburg Steak is made from lean beef, shaped into cakes. One of these cakes will be enough for the person who is reducing.

The hamburg cakes are broiled, not fried in fat.

The recipe for Scalloped Cabbage and Apples is in the Radio Cookbook. This dish is bulky, low in calories, but high in minerals and vitamins. Raw celery also helps "fill up" without running up the calories, as does also the pear salad. A little cheese is grated over the top of the salad, to give flavor.

To repeat the menu: Broiled Hamburg Steak; Scalloped Cabbage and Apples; Raw Celery; and Pear Salad with Grated Cheese and French Dressing.

Perhaps I'd better tell you that there are no government bulletins on the subject of reducing diets. Over-weight may be linked up with some abnormal condition of the body, or even a specific disease, so it is best to consult a physician, before beginning a strenuous program of reducing weight. I have some excellent bulletins, however, on normal diet, for normal people. You may have these bulletins, for the asking. They are Farmers' Bulletin Number Thirteen Thirteen F, called "Good Proportions in the Diet," and Miscellaneous Circular Number Forty-Nine called "A Guide to Good Meals, for the Junior Homemaker."

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